In the Specification

Please replace the paragraph starting at page 3, line 8 with the following paragraph:

-- Other types of storage containers may include plastic bags such as those offered by ZIPLOCK, the zipper closure plastic bag, or GLAD. But these bags are often not sufficient for storing foods for extended periods of time. For example, plastic bags have been known to leak and permit air to enter into the bag, resulting in freezer burn and other unwanted occurrences. This is even more likely to occur when the bags are used for an extended period of time because the plastic bags simply are not as durable as plastic storage containers. Furthermore, applying labels to plastic bags is usually impractical. The label may not stay put. In fact, some plastic bags are sold which include an exterior region that is specially designated for writing information, such as the date stored. This region, however, is also prone to smudging and erasure. --

Please replace the paragraph starting at page 8, line 5 with the following paragraph:

\ () variety of materials. For example, container 20 and/or lid 50 may be fabricated out of plastic, wood, STYROFOAM, the polystyrene foam insulation material, metal or any other suitable material for constructing container 20 and/or lid 50. It may, however, be preferable to manufacture container 20 and lid 50 from some form of plastic. The use of plastic for container 20 and lid 50, makes it easier to incorporate one or more colors or mixture of colors. Moreover, it would be advantageous to fabricate at least the portion of outer wall 24 that includes container label area 40 out of a translucent material, so that users can easily read the writing on the label without having to open lid 50 to read the label. --

Please replace the paragraph starting at page 8, line 19 with the following paragraph:

-- FIG. 3 shows an illustrative cross-section of a hollow channel 30 that provides increased thermal protection from the effects of cold storage. In this embodiment, inner walls 22, outer walls 24 and channel barrier 32 may be fabricated in such a way that an insulating material 60 is placed within the closed cavity therein. Insulating

material 60 may thus be located within the volume of space below channel barrier 32, as well as on the bottom of the food container. Insulating material 60 may include any insulating material known to persons skilled in the art, such as STYROFOAM, the polystyrene foam insulation material, ceramics, fiberglass, or anything else suitable for providing insulation. Insulation materials 60 may help prevent freezer burn of the food contained within container 20. Insulation material 60 may also provide additional structural support to container 20 by adding rigidity to the walls of container 20. --

() ()